



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01300, Ice cream bar, covered with chocolate and nuts**

**Report Date: July 16, 2017 19:08 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water	g	55.14	--	--
Energy	kcal	303	--	--
Energy	kJ	1266	--	--
Protein	g	5.62	--	--
Total lipid (fat)	g	25.84	--	--
Ash	g	1.52	--	--
Carbohydrate, by difference	g	11.89	--	--
Fiber, total dietary	g	1.1	--	--
Sugars, total	g	10.80	--	--
<b>Minerals</b>				
Calcium, Ca	mg	90	--	--
Iron, Fe	mg	1.21	--	--
Magnesium, Mg	mg	37	--	--
Phosphorus, P	mg	146	--	--
Potassium, K	mg	304	--	--
Sodium, Na	mg	56	--	--
Zinc, Zn	mg	0.81	--	--
Copper, Cu	mg	0.164	--	--
Selenium, Se	µg	3.1	--	--
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin	mg	0.051	--	--
Riboflavin	mg	0.230	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Niacin	mg	1.228	--	--
Vitamin B-6	mg	0.281	--	--
Folate, total	µg	14	--	--
Folic acid	µg	0	--	--
Folate, food	µg	14	--	--
Folate, DFE	µg	14	--	--
Choline, total	mg	38.0	--	--
Vitamin B-12	µg	0.49	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	61	--	--
Retinol	µg	56	--	--
Carotene, beta	µg	56	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	281	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol)	mg	0.54	--	--
Vitamin E, added	mg	0.00	--	--
Vitamin D (D2 + D3)	µg	0.2	--	--
Vitamin D	IU	9	--	--
Vitamin K (phylloquinone)	µg	1.7	--	--
<b>Lipids</b>				
Fatty acids, total saturated	g	15.904	--	--
4:0	g	0.347	--	--
6:0	g	0.255	--	--
8:0	g	0.713	--	--
10:0	g	0.807	--	--
12:0	g	4.150	--	--
14:0	g	2.625	--	--
16:0	g	4.674	--	--
18:0	g	2.333	--	--
Fatty acids, total monounsaturated	g	6.208	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
16:1 undifferentiated	g	0.238	--	--
18:1 undifferentiated	g	5.918	--	--
20:1	g	0.052	--	--
22:1 undifferentiated	g	0.000	--	--
Fatty acids, total polyunsaturated	g	1.879	--	--
18:2 undifferentiated	g	1.721	--	--
18:3 undifferentiated	g	0.159	--	--
18:4	g	0.000	--	--
20:4 undifferentiated	g	0.000	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--
Fatty acids, total trans	g	0.000	--	--
Cholesterol	mg	56	--	--
<b>Amino Acids</b>				
<b>Other</b>				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	4	--	--
Theobromine	mg	41	--	--